

**Indianapolis Counseling Center**

724 N Illinois St., Indianapolis, In 46204  
317-549-0333 Fax: 549-6933

**Indianapolis Counseling Center Batterers Intervention Program (ICCBIP)  
(ICCBIP) Description**

**Introduction:** Research has shown that people with abusive tendencies generally turn violent when they feel out of control. Domestic violence is a pattern of abusive behavior characterized by the intent to gain or maintain power and control over an intimate partner or other family members. The abuse can be established over time and in most cases, it begins subtly. Over time the abusive behavior becomes systematic and more frequent and severe. Domestic violence can happen to anyone of any race, age, sexual orientation, religion or gender. Domestic violence affects people of all socioeconomic backgrounds and education levels. Domestic violence is characterized by violent actions or threats of violent actions, including behaviors that intimidate, manipulate, humiliate, isolate, frighten, terrorize, coercive behavior, threats, blame, hurt, injure or wound a victim/survivor. Domestic violence can take many forms such as but not limited to the following:

- **Physical.** Any use of force that causes pain or injury, such as hitting, kicking or slapping etc.
- **Sexual.** Abuse can include sexual harassment, sexual assault or manipulating a person into having sex by using guilt, coercion, intimidation or threats etc
- **Emotional and/or verbal.** Ongoing criticism, insults, threatening to hurt loved ones and harassment etc.
- **Economic.** Attempts to controlling a person's income or financial assistance, misusing one's money, making it difficult have access to money or to secure employment.
- **Psychological.** Minimizing or blaming a person for the abuse, intimidation, mind games, threats. destroying property etc

**Program Description:**

The Indianapolis Counseling Center Batterers Intervention Program (ICCBIP) adheres to the ethical standards and principles of the Indiana Coalition against Domestic Violence (ICADV). We are (ICADV) Certified BIP which is in compliance with **Indiana Code 35.50.9.1**. The program uses best practice based curriculum

**Core Principles:** (ICCBIP) core principles of practice are **Safety, Accountability, and Collaboration.**

**Safety:** The safety of the victim/survivor, their family and the community is the primary concern of (ICCBIP). We are victim/survivor advocates and as a result the abusive client intervention is designed to prevent further abusive behaviors. (ICCBIP) considers the victim/survivor, their family and the community to be our first priority. The entire (ICCBIP) is designed to prevent batterers from committing further abusive behaviors.

**Accountability:** (ICCBIP) services are based on the batterer taking full and complete responsibility for their abusive behaviors. Domestic violence is choice not a reaction to some perceived provoking stimuli. As a result the batterer is fully and completely responsible for their abusive behavior. The entire curriculum reflects accountability and responsibility for abusive behaviors of the batterer. The batterer will be challenged to be accountable for their behaviors throughout their term of service.

**Collaboration:** Collaboration is a vital and crucial part of (ICCBIP) services. Professionals in the field of domestic violence have reported the most effective way to stop domestic violence is through education, community policy and collaboration with victim/survivor advocacy supporters. As a result (ICCBIP) will coordinate our efforts to prevent violence through signed release of information and open communication with local coordinated community response efforts to reduce domestic violence. In addition (ICCBIP) therapists/facilitators participate in ongoing training, victim/survivor community activities, collaboration with professionals who work with survivors and offenders of domestic violence.

### **(ICCBIP) Intervention Philosophy**

(ICCBIP) uses a cognitive and behavioral approach in providing educational intervention services for those who batter. (ICCBIP) focuses on complete ownership and accountability of the abusive behavior. Justifications, minimizations, excuses, discounting and blame shifting for abusive behavior is always challenged. All of our services are provided without regard to race, age, color, religion, sex, disability or national origin.

### **(ICCBIP) Goals and Objectives:**

The primary purpose of the (ICCBIP) is to prevent violence to victim/survivor, families and the community. Our objective is to challenge batterers on their justifications and excuses for their abusive behaviors and educate batterers on ways to effectively stop their domestic violence.

**Modality for intervention:** Group intervention is the preferred modality for those domestic violence abusers. Batterers will participate in twenty six or fifty two weeks of ninety minutes group intervention sessions. The group is open-ended and will accommodate up to sixteen group members.

**Documentation** (ICCBIP) uploads weekly and monthly progress notes of the client's attendance, participation, individual or group session through our confidential website **[www.icc-indy.com](http://www.icc-indy.com)**. Such documentation will include session topic as well as any concerns with the client for the referral source. In addition, (ICCBIP) immediately provides **"Alert"** documentation for clients who fail to attend session, discharged from (ICCBIP), threats of suicide, homicide or violence toward others, violations of probation/parole stipulations, violations of (ICCBIP) Program Guidelines and Contract and violations of (ICCBIP) Behavioral Conduct and Rules.

### **Referral sources:**

(ICCBIP) accepts referrals from Probation, Parole, Department of Child Services, Attorneys, Counselors, CASA, advocacy groups, Court and self referrals. All referrals will receive a group screening intake.

**FEES:** Group Intake screening fee is \$50.00 and the weekly group fees for services is based on a modest sliding scale.



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Phone: (317) 549-0333 or (866) 549-1333 Fax: (317) 549-6933

Client Name: [REDACTED]

Date: 02/15/2017

Referral Source: Attorney

Contact Person: Warren Good

Treatment recommendation from referral

26 weeks of best practice based curriculum, "Foundations for Violence Free Living" workbook. This is in compliance Indiana Code 35.50.9.1. for certified Batters intervention programs.

## TREATMENT PLAN

### Identified Problems:

- 1 Domestic violence against my victim/survivor/partner.
- 2 I have been required to complete 26 or 52 weeks of a Batters Intervention Program (BIP) per probation, parole, the court, significant other or my desire to do.

Identified Problem	Treatment Goals	Therapeutic Methods & Frequency	Any Referrals & Support Group & Frequency	Staff Person Responsible
1	Refrain from and avoid violence against victim/survivor/partner.	Abide by (ICCBIP) Behavioral Conduct and Rules while enrolled in (ICCBIP) and remain nonviolent.		Ron Smith MS., LMHC, LCAC, CADACIV
1	Develop non violent solutions or alternatives to all forms of my abuse including: physical, sexual, emotional, economic, psychological actions or threats directed at the victim/survivor/partner.	Thoroughly complete all of the assigned curriculum of "Foundations for Violence Free Living"		Ron Smith MS., LMHC, LCAC, CADACIV
1	Take full and complete responsibility for my abusive behaviors without placing any blame on my victim/survivor/partner, drugs, alcohol or anything or anyone other than myself.	Complete and internalize the responsibility statement assignment, Violence free responsibility plan assignment, Full ownership of all abusive language and behaviors		Ron Smith MS., LMHC, LCAC, CADACIV
2	Successfully complete (ICCBIP).	Attend all my sessions. Actively participate by being attentive, open and honest, complete assignments and abide by Criteria for (ICCBIP) Completion		Ron Smith MS., LMHC, LCAC, CADACIV

I have reviewed & understand the contents of this service plan.

Client: \_\_\_\_\_

Date: \_\_\_\_\_

Therapist: \_\_\_\_\_

Date: \_\_\_\_\_

Dates Reviewed (with client's initials): \_\_\_\_\_



## **(ICCBIP) Curriculum**

### **26 and 52 week intervention group sessions:**

The Majority of (ICCBIP) curriculum is based on the **Foundation for Violence Free Living** curriculum.

**Definition of domestic violence:** Handout, philosophy of abuse pg 45. Eight program principles pg 44, continuously defined in group sessions

**Patterns of domestic violence:** patterns, pgs 58-62, escalation signals pgs 63-69, male privilege 99-104

**Dynamics of power and control:** control strategies 93-98, Personal values 176-180, Power and control Wheel.

**Socialization, including gender roles and equality:** Male privilege pgs 99-104, men roles pgs 46-51, relationships pgs 191-199 Equality wheel

**Batterer's responsibility for past and future abusive behaviors:** Responsibility plan handout, Violence free responsibility thoughts handout, Responsibility Pgs 70-78 accountability plan pgs 130-134, Violent behavior pgs 80-91

**Relationship between substance abuse, mental illness and acts of violence with a distinction that there is not a cause and effect relationship:** Pgs 112-118, pgs 130-134

**Relapse prevention plan that provides alternatives to all forms of abuse:** Violence Free Responsibility Plan, Maintain support pgs 170-172 addressed continuously in group sessions

**Nonviolent alternatives:** self talk pgs 138-143, relaxation pgs 157-162, Self care pgs 163-169, support system pgs 170-172, and assertiveness pgs 144-156.

**Cultural diversity:** philosophy of abuse pg 45, Equality wheel

**Ongoing discussion and topics may include but limited to the following:**

Denial of responsibility, boundaries, threatening behavior minimizing, rationalizing, excuses that Justifying behaviors. Impact of domestic violence on family members, role of substance abuse, verbal abuse, emotional abuse, physical abuse, sexual abuse, jealous controlling behaviors, sexist beliefs and attitudes, racist beliefs and attitudes, intimidating behavior, name calling, dishonest, trust, communication, self abuse, negative attitudes, self esteem, empowerment, cycle of violence, relationships, values, self care, assertiveness, empathy, support

# Indianapolis Counseling Center

## Anger log

Name \_\_\_\_\_ Date: \_\_\_\_\_

Anger Situation: \_\_\_\_\_

\_\_\_\_\_

Level of anger : High Medium Low

Feelings associated with situation: \_\_\_\_\_

Positive thoughts I had about what to do: \_\_\_\_\_

\_\_\_\_\_

Negative thoughts I had about what to do: \_\_\_\_\_

\_\_\_\_\_

What I did in the situation: \_\_\_\_\_

\_\_\_\_\_

Non violent alternative: \_\_\_\_\_

\_\_\_\_\_

Date: \_\_\_\_\_

Anger Situation: \_\_\_\_\_

\_\_\_\_\_

Level of anger : High Medium Low

Feelings associated with situation: \_\_\_\_\_

Positive thoughts I had about what to do: \_\_\_\_\_

\_\_\_\_\_

Negative thoughts I had about what to do: \_\_\_\_\_

\_\_\_\_\_

What I did in the situation: \_\_\_\_\_

\_\_\_\_\_

Non violent alternative : \_\_\_\_\_

\_\_\_\_\_

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**Indianapolis Counseling Center Batters Intervention (ICCBIP)**

**(ICCBIP) Check in log**

**Name** \_\_\_\_\_

**Date:** \_\_\_\_\_

Report all abusive behavior since you were last in group including:

Physical, sexual, emotional, economic or psychological actions or threats of actions that  
against another person: \_\_\_\_\_

Report Equality behavior since you were last in group session: \_\_\_\_\_

Disclose any police contact since your last group session: \_\_\_\_\_

**Name** \_\_\_\_\_

**Date:** \_\_\_\_\_

Report all abusive behavior since you were last in group including:

Physical, sexual, emotional, economic or psychological actions or threats of actions that  
against another person: \_\_\_\_\_

Report Equality behavior since you were last in group session: \_\_\_\_\_

Disclose any police contact since your last group session: \_\_\_\_\_